



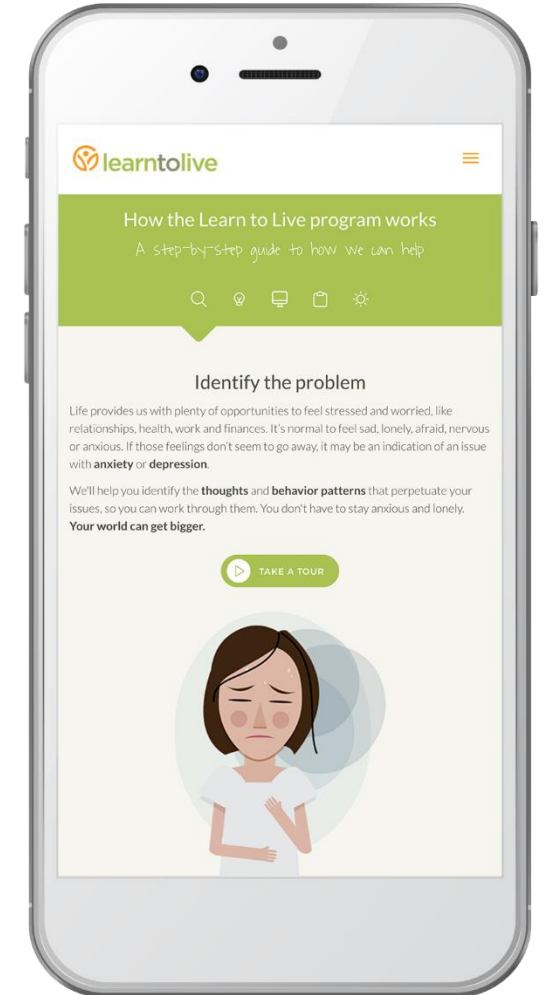
Digital Mental Health
Powered by LearntoLive and EverFI

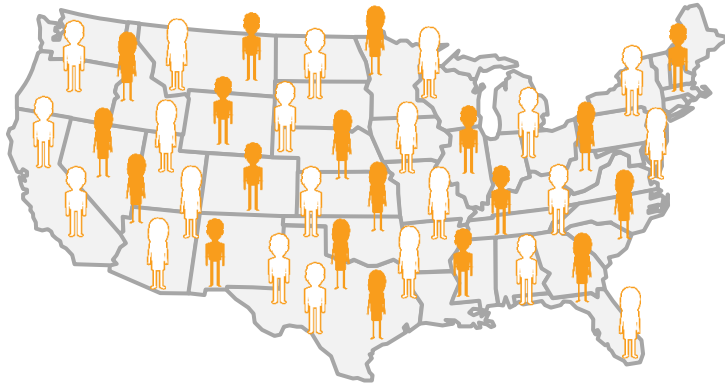
Learn to Live (L2L) is the leader in tackling behavioral health challenges through a digital platform which delivers assessments, online Cognitive Behavioral Therapy (CBT) programs and services:

- Trusted partner of Blue Cross Blue Shield plans since 2016
- National presence: 40M+ lives

L2L offers:

- Five condition-specific programs, each delivered in a user-paced multi-media experience
- Programs are built on the principles and tools of evidence-based Cognitive Behavioral Therapy (CBT)
- Available on demand with the options for one-to-one coaching services





150M suffer¹



3/4 will not seek in-person therapy²



114M gap:
silent sufferers

L2L overcomes access barriers

- Social stigma
- Accessibility: geographic limitations, limited access
- High costs: individuals, employers, insurers and providers

Targeted online mental health programs based on proven fundamentals of Cognitive Behavioral Therapy (CBT)

Comprehensive clinical assessments

Personalized, clinician coaching

Self-directed programs (English and Spanish):

- Depression
- Stress, Anxiety & Worry
- Social Anxiety
- Insomnia
- Substance Use

As effective as
*in-office therapy*¹



1. Hedman, Erik, et al. "Cognitive behavior therapy via the Internet: a systematic review of applications, clinical efficacy and cost-effectiveness." Expert Review of Pharmacoeconomics & Outcomes Research 12.6 (2012)

You've been there for others. Now it's time
to be there for *YOU*.

*Educators and school professionals
are struggling with their mental health.*

Our educators and staff are often so busy providing support to children, they might overlook care of their own mental well-being. In a recent study, nearly three-quarters of teachers and 84% of school leaders described themselves as "stressed", and more than a third of professionals have experienced a mental health issue in the past academic year.

